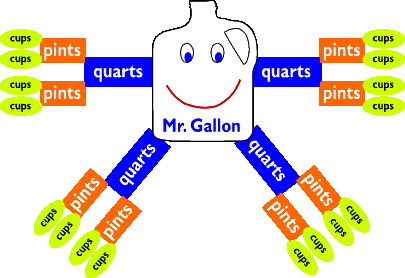
***Equivalents***

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_\_\_\_\_\_**



How many teaspoons in a tablespoon? \_\_\_\_\_ How many tablespoons in an ounce? \_\_\_\_\_

How many ounces in a cup? \_\_\_\_\_ How many cups in a pint? \_\_\_\_\_

How many pints in a quart? \_\_\_\_\_ How many quarts in a gallon? \_\_\_\_\_

How many ounces in a pound? \_\_\_\_\_

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

1. **8 Tbsp = \_\_\_\_\_ tsp = \_\_\_\_\_ cup = \_\_\_\_\_ oz**
2. **¼ cup = \_\_\_\_\_ fl oz. = \_\_\_\_\_ Tbsp = \_\_\_\_\_ tsp**
3. **4 cups = \_\_\_\_\_ fl oz. = \_\_\_\_\_ pt. = \_\_\_\_\_ qt.**
4. **2 gal. = \_\_\_\_\_ qt. = \_\_\_\_\_ pt. = \_\_\_\_\_ cups**
5. **3 lbs. = \_\_\_\_\_ oz.**
6. **½ lb = \_\_\_\_\_ oz.**

**Changing Recipes**

**Original Yield Desired Yield\_\_**

**Beef Stew, serves 12 X Conversion Factor = Beef Stew, serves 24**

64 ounces boneless stewing beef \_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_lbs

1&1/2 teaspoon dried thyme \_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Tbsp

2 teaspoons salt \_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_Tbsp\_\_\_\_\_tsp

12 Tbsp all-purpose flour \_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_cups

3 tablespoons vegetable oil \_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_cups

1 cup chopped onions \_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

¾ cup chopped carrots \_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

¾ cup chopped celery \_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4 cups beef broth \_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_pts

4 boiling potatoes \_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Green Salad, serves 2 X Conversion Factor= Green Salad, serves 3**

5 ounces mixed salad greens \_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1 tart apple \_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2 tablespoons chopped walnuts \_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

¼ teaspoon Dijon mustard \_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

¼ teaspoon salt \_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2 tablespoons olive oil \_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2 tablespoons crumbled blue cheese \_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_